

VEGGIE BURGER

MADE IN HUMBOLDT

Ingredients: *tofu (filtered water, *soybeans, magnesium chloride), *carrots, *green onions, *parsley, *wheat-free tamari (water, *soybeans, salt), *white grain vinegar, *garlic, *ginger.
*indicates organic ingredients

Nutrition Facts	Amount/Serving	%DV*	Amount/Serving	%DV*
	Total Fat	12g 19%	Total Carb.	8g 3%
Serv. size 3.75 oz (105g)	Sat. Fat	2.5g 12%	Fiber	1g 5%
Servings 2	Trans. Fat	0g 0%	Sugars	1g
Calories 230	Cholest.	0g 0%	Protein	22g
Fat Cal 110	Sodium	520mg 22%		
*Percent Daily Values (DV) are based on a 2000 calorie diet.		Vitamin A 25%	Vitamin C 25%	Calcium 15% Iron 20%



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TOFU SHOP SPECIALTY FOODS INC
ARCATA, CA

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BBQ BURGER

MADE IN HUMBOLDT

Ingredients: *tofu (filtered water, *soybeans, magnesium chloride), *green peppers, *yellow onions, *wheat-free tamari (water, *soybeans, salt), *tomato paste, *unsulfured molasses, *cider vinegar, *sugar, *garlic, *white grain vinegar, *mustard, *cayenne.
*indicates organic ingredients

Nutrition Facts	Amount/Serving	%DV*	Amount/Serving	%DV*
	Total Fat	8g 13%	Total Carb.	15g 5%
Serv. size 3.75 oz (105g)	Sat. Fat	1.5g 8%	Fiber	<1g 4%
Servings 2	Trans. Fat	0g 0%	Sugars	10g
Calories 200	Cholest.	0g 0%	Protein	17g
Fat Cal 80	Sodium	670mg 28%		
*Percent Daily Values (DV) are based on a 2000 calorie diet.		Vitamin A 4%	Vitamin C 50%	Calcium 10% Iron 20%



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MEXI BURGER

MADE IN HUMBOLDT

Ingredients: *tofu (filtered water, *soybeans, magnesium chloride), *jalapeno peppers, *carrots, *cilantro, *garlic, *sunflower seeds, *celery, *green onions, *wheat-free tamari (water, *soybeans, salt), *lime juice, *arrowroot, *white grain vinegar, salt, *roasted chili powder, *cumin *indicates organic ingredients

Nutrition Facts	Amount/Serving	%DV*	Amount/Serving	%DV*
	Total Fat	12g 19%	Total Carb.	8g 3%
Serv. size 3.75 oz (105g)	Sat. Fat	2.5g 12%	Fiber	1g 5%
Servings 2	Trans. Fat	0g 0%	Sugars	1g
Calories 230	Cholest.	0g 0%	Protein	22g
Fat Cal 110	Sodium	520mg 22%		
*Percent Daily Values (DV) are based on a 2000 calorie diet.		Vitamin A 25%	Vitamin C 25%	Calcium 15% Iron 20%



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